




July 2016

NAVAL HOSPITAL BREMERTON

WELLNESS CENTER CLASS SCHEDULE

Mon	Tue	Wed	Thu	Fri
Fruits and Vegetables Month —consuming the recommended number of servings of fruits and vegetables daily helps decrease the risk of various chronic diseases, such as heart disease, cancer and type 2 diabetes. The antioxidants in colorful fruits and veggies are sources of essential nutrients that are often under consumed, and can help reduce cholesterol, boost the immune system, and decrease bone loss. . Low consumption of fruits and vegetables is one of the leading health risks Sailors and Marines face. Take the 30 day fruit and vegetable challenge at http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/Fruit_Veggie_Challenge_Activity_Card_Toolbox_2014.pdf				
4 	5 SHIPSHAPE 5: 9-10am Pilates (Beginner): 12-12:45pm Healthy Shopping: 4-6pm (held at Bangor Commissary)	6 Prenatal Nutrition: 9-10am Gestational Diabetes: 10-11am Heart Healthy Living: 1-3pm Childbirth Class: 3:30-6pm	7 OB/GYN Intake: 9-10am Pilates (Intermediate): 12-12:45pm Diabetes Basics: 1-3pm	8 Intro to Nutrition 1-3pm 
11 Diabetes Updates: 12:30-2pm Eat Smart, Live Strong (S1) 1-2:30 pm Yoga 3:30-4:30 pm (room 7103) Diabetes Updates: 4:30-6pm	12 SHIPSHAPE 6: 9-10am Pilates (Beginner): 12-12:45pm Healthy Habits: 4-6pm	13 Gestational Diabetes: 10-11am Meal Planning/Makeovers: 1-3pm Childbirth Class 3:30-6pm	14 Pilates (Intermediate): 12-12:45pm Diabetes: Healthy Eating: 1-3pm	15 <div> Saturday 16th: Childbirth Class 9:30-3:00 </div>
18 Eat Smart, Live Strong (S2) 1-2:30 pm Yoga 3:30-4:30 pm (room 7103) Healthy Steps 4:30-5pm	19 SHIPSHAPE 7: 9-10am Pilates (Beginner): 12-12:45pm Fitness Planning: 4-6pm (held at Bremerton Gym)	20 Gestational Diabetes: 10-11am Diabetes Prevention: 1-3pm Childbirth Class 3:30-6pm	21 OB/GYN Intake: 9-10am Pilates (Intermediate): 12-12:45pm Diabetes Monitoring: 1-3pm Baby Basics Part 1: 4-6pm	22 Intro to Nutrition 9-11am
25 Eat Smart, Live Strong (S3) 1-2:30 pm Yoga 3:30-4:30 pm Healthy Steps 4:30-5pm	26 SHIPSHAPE 8: 9-10am Pilates (Beginner): 12-12:45pm Cancer Support: 5-6:30pm	27 Gestational Diabetes: 10-11am Lactation Class: 3:30-6pm	28 OB/GYN Intake: 9-10am Pilates (Intermediate): 12-12:45pm Diabetes Meds and More: 1-3pm Baby Basics Part 2: 4-6pm	29 